



White Bison, Inc. Presents The Seven Trainings:

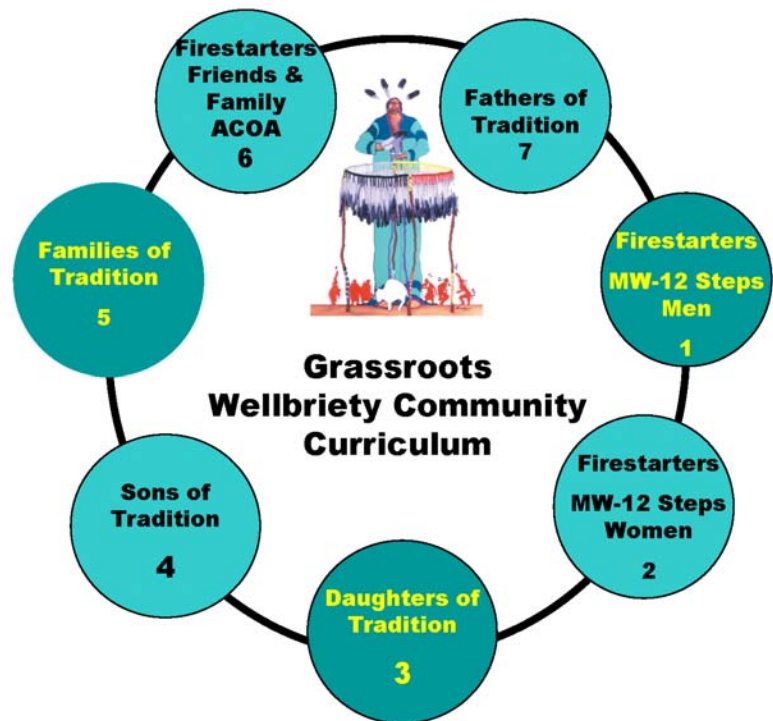
November 5,6,7, 2007

Billings, Montana

Learn to Facilitate One
of these Programs in
Your Community

Location: St Luke's
1119 North 33rd Street
Billings, Montana

Contact White Bison, Inc:
Amanda Manbeck, Program Manager,
1-877-871-1495



Purpose: A three day train-the-trainer event to provide local community members with the facilitation skills necessary to implement Wellbriety Training programs. There is no cost for the training or training materials. However, participants must provide for their meals, travel, and hotel.

What you can expect to learn:

- ◆ How the Wellbriety Movement and the Healing Forest can help you and your family
- ◆ How to facilitate talking circles
- ◆ How to implement the Medicine Wheel and 12 Step curriculum
- ◆ How to assist others in their recovery process
- ◆ How to prevent relapse
- ◆ How to work with youth in prevention programs
- ◆ How to recruit others in your community to work towards a vision of community wellness
- ◆ How to implement a recovery support/relapse prevention program in your own community



An American Indian non-profit corporation
6145 Lehman Drive Suite 200 Colorado Springs, CO 80918-3440
(719)548-1000(v) (719)548-9407(f) www.whitebison.org info@whitebison.org



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



Seven Training Programs

Participants will choose **ONE** of these programs during the three day train the trainer event.

Medicine Wheel and 12 Steps for Women



This is a nine part video series of the Medicine Wheel and Twelve Steps for Women who choose to follow a twelve step program. A workbook is included. Topics include The Talking Circle, Growing up as an Indian Woman, The Two Thought Systems, Reclaiming Your Power, Being A Positive Influence, Overview of the Twelve Steps, The Twelve Steps in a Circle, and Instructions for Each of the Twelve Steps.

Medicine Wheel and 12 Steps for Men



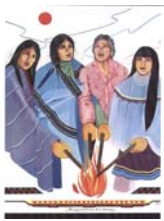
This is a seven part video series that approaches the twelve steps of recovery from a Native American perspective. It includes a workbook. Topics are Medicine Wheel Teachings, Cycle of Life (growing up as an Indian man), Four Directions of Growth, The Two Thought Systems, The Four Directions and The Twelve Steps, Overview of The Twelve Steps, and Instructions on taking each of the Twelve Steps from a cultural approach.

Medicine Wheel and 12 Steps for Al-Anon and Adult Children of Alcoholics



This is a Medicine Wheel and 12 Step program (with 9 videos) designed for Friends and Family of people affected by alcohol. It focuses on such issues as codependency, taking care of one's self, and learning to let go.

Daughters of Tradition I and Daughters of Tradition II



This is a prevention education program for Native American girls age 8-12 (DOT I) and age 13-17 (DOT II). It is designed to coincide with the school year and also to extend over the summer months. The primary theme of the DOT I program is "being good at something, being good for something." The primary theme of the DOT II program is "developing an identity as a Native American woman." Each program is based upon the teachings of the Native American Elders and Clan Mothers. The curriculum kits include posters, activity books, journals, facilitator manuals and support videos.



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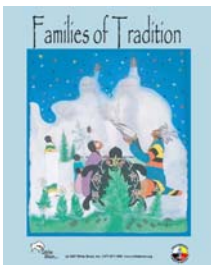
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Sons of Tradition



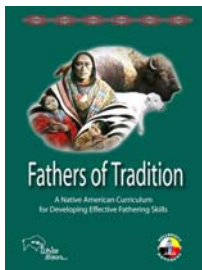
This is a prevention education program for Native American boys age 13-17. It is designed to coincide with the school year and other weekly programs, and also to extend over the summer months. The focus of this program is establishing identity and learning what it is to be a Native American man. The curriculum is based upon the teachings of the Native American Elders and Clan Mothers. It consists of the Seven Philosophies, a set of posters, and a workbook. Facilitators receive these materials along with a set of instructional videos, a facilitator's manual and lesson guides. Facilitators are trained in a three day program that introduces them to the principles, laws, and values that form the basis of the program, options for using the curriculum, and how to use talking circles and mind mapping, which are integral to the training program.

Families of Tradition



This training explores family dynamics, relationships, roles, parenting, conflict management, and the development of trust and respect in the family. It is based upon the teachings of the Medicine Wheel and how to use family Talking Circles to help families heal. Workbooks and videos support this training.

Fathers of Tradition



This training assists Native American men in learning effective parenting and nurturing skills. It also helps them regain cultural teachings, skills, and values that help to shape the traditional Native American man. Participants will work in talking circles, develop life skills such as decision making, conflict management, relationship building, personal vision making, self-talk and self-image. The Seven Philosophies of Native American Men will also be a part of this curriculum.

SPECIAL BONUS:

November 5 and 6, 2007

7:00pm-10:00pm

Warrior Down: Recovery Support and Relapse Prevention



This training provides participants with the information needed to establish a peer-to-peer recovery support system within the community for those returning from treatment or detention. The goal of this support system is to prevent relapse and recidivism while enhancing the individual's return to a meaningful life with family and community.

The Elders have told us that we have entered the "Coming Together Time" in which a great healing can occur among individuals, families, communities and nations.

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Seven Trainings

A Wellbriety Program

JOIN US!!

November 5-7, 2007
8:30am-5:00pm each day

LOCATION:

St Luke's
1119 North 33rd Street
Billings, Montana

Registration Form

Please print legibly!

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Phone: (____) _____

Email: _____

Organization: _____

Your Position: _____

Tribal Affiliation: _____

Please check the training you wish to attend!

- ☐ Medicine Wheel and 12 Steps--Men
- ☐ Medicine Wheel and 12 Steps--Women
- ☐ Medicine Wheel and 12 Steps--Friends & Family
- ☐ Daughters of Tradition
- ☐ Sons of Tradition
- ☐ Families of Tradition
- ☐ Fathers of Tradition

**Return Registration form by
October 31, 2007 to:**

**Amanda Manbeck,
Program Manager**

**White Bison, Inc
6145 Lehman Drive Suite 200
Colorado Springs, CO 80918-
3440**

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Fax: 719-548-9407

email: info@whitebison.org

**Please check below to also reserve your
space at the special bonus training.**

7pm-10pm Nov. 5 & 6, 2007:

**Warrior Down: Recovery Support &
Relapse Prevention**



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